

TRICARE BENEFICIARY BULLETIN – JULY 2 - 669 WORDS

LEAD MUSIC (:03)

THIS IS THE TRICARE BENEFICIARY BULLETIN, AN UPDATE ON THE LATEST NEWS TO HELP YOU MAKE THE BEST USE OF YOUR TRICARE BENEFIT. I'M AUSTIN CAMACHO (:10)

FIRST UP: TRICARE PREPARES TO LAUNCH A NEW ACTIVE DUTY DENTAL PLAN, AS ANN MARIE FELICIO REPORTS.

ACTIVE DUTY SERVICE MEMBERS HAVE A NEW DENTAL PROGRAM COMING THEIR WAY BEGINNING AUGUST FIRST.

THE NEW ACTIVE DUTY DENTAL PROGRAM BECOMES THE DENTAL CARE PLAN FOR ACTIVE DUTY SERVICE MEMBERS IN LOCATIONS WITH NO ACCESS TO A MILITARY DENTAL FACILITY.

THE NEW PLAN IS ALSO FOR SERVICE MEMBERS WHO ARE REFERRED TO CIVILIAN PROVIDERS FROM A DENTAL TREATMENT FACILITY FOR SPECIALTY CARE.

TRICARE PRIME REMOTE ENROLLEES ARE ALSO ELIGIBLE, AS ARE RESERVE AND NATIONAL GUARD MEMBERS ACTIVATED FOR MORE THAN 30 CONSECUTIVE DAYS ON FEDERAL ORDERS AND WHO LIVE MORE THAN 50 MILES FROM A MILITARY DENTAL FACILITY.

ACTIVE DUTY SERVICE MEMBERS LIVING IN REMOTE LOCATIONS, BUT WORKING WITHIN 50 MILES OF A DENTAL TREATMENT FACILITY WILL CONTINUE TO BE SEEN THERE.

OF THE MORE THAN 81,000 DENTAL CLAIMS FILED EACH YEAR BY ACTIVE DUTY MEMBERS, ABOUT 31 PERCENT COME FROM SERVICE MEMBERS LIVING AND WORKING IN REMOTE LOCATIONS. UNITED CONCORDIA, INC. WILL NOW HANDLE THESE CLAIMS AND REFERRALS THROUGH THE NEW DENTAL PLAN.

THOSE USING THE ACTIVE DUTY DENTAL PLAN CAN TAKE ADVANTAGE OF UNITED CONCORDIA'S NETWORK OF DENTISTS AND SPECIALISTS. NO ENROLLMENT IS REQUIRED.

FOR THE TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO.

NEXT, IF YOU'RE AN EXPECTING MOM OR NEW PARENT, TRICARE ENCOURAGES YOU TO USE ECARECONNECT, A RESEARCH-BASED HEALTH INFORMATION SERVICE THAT HELPS MILITARY HOSPITALS COMMUNICATE MORE EFFECTIVELY WITH EXPECTANT PARENTS AND NEW FAMILIES.

ECARECONNECT IS A FREE SERVICE THAT SENDS WEEKLY E-MAILS CUSTOMIZED TO THE STAGE OF THE BENEFICIARY'S PREGNANCY OR PARENTHOOD. SINCE 2006 MORE THAN 35,000 BENEFICIARIES HAVE SIGNED UP FOR THIS E-MAIL-BASED COMMUNICATION SERVICE, WHICH IS AVAILABLE AT 30 MILITARY HOSPITALS. HOSPITAL STAFF MEMBERS CAN NOW COMMUNICATE "NEED-TO-KNOW" INFORMATION TO ALL OF

THESE PATIENTS AND CONNECT WITH THEM EVERY WEEK.

THE TRANSITION ASSOCIATED WITH BECOMING PARENTS OR ADAPTING TO THE PARENTAL ROLE CAN BE OVERWHELMING. THESE RELIABLE AND REGULAR COMMUNICATIONS CAN EDUCATE AND SUPPORT PARENTS AND CAN MAKE A DIFFERENCE.

TRICARE ENCOURAGES PREGNANT BENEFICIARIES AND NEW PARENTS TO SUBSCRIBE TO ECARECONNECT TO TAKE ADVANTAGE OF THE VALUABLE INFORMATION AND MILITARY HOSPITAL-SPECIFIC UPDATES INCLUDED IN THE WEEKLY E-MAILS. BENEFICIARIES WHOSE HOSPITAL IS NOT COVERED CAN ENROLL IN THE DEPARTMENT OF DEFENSE STANDARD VERSION AT **WWW.THE PARENT REVIEW.COM/DOD**.

AND FINALLY, LORRAINE CWIEKA REMINDS US TO **GRILL AND CHILL FOR HEALTHY SUMMER EATING.**

COOKOUTS ARE SUMMERTIME STAPLES AND THEY ARE AN EASY WAY TO MAINTAIN A HEALTHY DIET.

LEAN MEATS, FRUITS AND VEGETABLES ARE TASTY WHEN GRILLED, AND KIDS LOVE THEM TOO.

WHEN MEAT IS GRILLED THE NATURAL FATS AND OILS DRIP OFF, MAKING IT A HEALTHY ALTERNATIVE TO FRYING OR OVEN BAKING. HOWEVER, WHILE GRILLED MEAT MAY BE HEALTHIER, IT DOESN'T ALWAYS MEAN IT'S LOWER IN FAT.

SELECT LEAN CUTS OF MEAT. SIRLOIN, FILET AND FLANK ARE GOOD PICKS FOR BEEF. SKINLESS CHICKEN BREASTS ARE ALSO EXCELLENT CHOICES FOR GRILLING. "LOIN" AND "ROUND" CUTS ARE OTHER HEALTHIER OPTIONS WHEN CHOOSING RED MEAT AND PORK. WHILE THE BETTER GRADES HAVE THE LEAST AMOUNT OF FAT, IT'S STILL IMPORTANT TO CUT OFF ALL VISIBLE FAT.

HAMBURGERS SHOULD BE COOKED TO 160 DEGREES, WHILE

LARGE CUTS OF BEEF LIKE ROASTS AND STEAKS MAY BE COOKED TO 145 FOR MEDIUM RARE OR TO 160 FOR MEDIUM. COOK GROUND POULTRY TO 165 DEGREES AND POULTRY PARTS TO 170.

REMEMBER, BURNING AND CHARRING MEAT MAY INCREASE THE RISK OF CANCER. MICROWAVING MEATS FIRST REDUCES RISKS.

GRILLED FISH IS ANOTHER OPTION, HIGH IN HEART-HEALTHY OMEGA-3 FATTY ACIDS.

TAKE THE FAMILY ON A MOUTH-WATERING AND HEALTHY EXPERIENCE THIS SUMMER WITH GRILLING.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

AND THAT'S TODAY'S TRICARE BENEFICIARY BULLETIN. WE'LL
HAVE MORE NEWS YOU CAN USE NEXT WEEK. (:03)

TAIL MUSIC (:03)